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David L. Soltz
Carver Hall
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400 E. Second St.
Bloomsburg, PA 17815
president@bloomu.edu

Dear President Soltz:

Hello, my name is Catherine Juhas and I am a graduate of Bloomsburg University of Pennsylvania with a degree in Nutrition. I have always dreamed of helping students maintain a healthy lifestyle, especially throughout their college careers. If you would, I would appreciate it if you would help spread the word around campus of living a healthier lifestyle.

First off, I would like you to imagine when you were just an adolescent, just before you moved to college. Your house, along with many others, was probably filled to the core with all types of unhealthy snacks and drinks. Meaning, you had no choice but to eat whatever was in those cabinets of yours. Did you know 60% of cardiovascular deaths start at a young age with physical inactivity and an unhealthy diet? Not many young children, or adolescents, know. When you're an adolescent you do not really stop to think of how eating unhealthy could hurt you in the long run. Illnesses like obesity and diabetes are rising with each year that passes, and some just don't understand why things like that happen to them.

My goal here is to make a change throughout schools of all age groups throughout the country and I would like my Alma Mater to be the first of many. I need to start somewhere, but I need your help. I would love to spread awareness of why staying fit and healthy is the best choice for students throughout their college careers and how it could benefit them in the long run. With your help you and I could have places like the Rec and Food Services around campus spread awareness about living a healthier lifestyle; especially with all of those finals around the corner. Please consider.

Sincerely,

Catherine Juhas